$$w_0 = 1.25 \Rightarrow w_0 = \frac{1}{R_3 C_3} \rightarrow \text{tomo } R_1 = 1 \Rightarrow C_3 = \frac{1}{1.25} = 0.8$$

$$w_0^2 = \frac{g_{m1} \cdot g_{m2}}{C_1 C_2} \Rightarrow C_1 = C_2 = 1 \Rightarrow 1.56 = g_{m1} \cdot g_{m2} \Rightarrow g_{m2} = \frac{1.56}{g_{m1}} \Rightarrow g_{m1} = 1.56$$